

# Family

## Deaths

### Josephine Bosler

Josephine Bosler, 92, of Colby, Colby. Services are pending with died Sunday, May 6, 2007, at Prairie Senior Living Complex in Kersenbrock Funeral Chapel in Colby.

# May designated as Mental Health Month

The Mental Health America website states that most people don't think much about their mental health, or even use that phrase, yet it is a common element in life. Some people define mental health as a "state of mind"; others as "being content with life" or "feeling good about yourself. Mental health may be best explained as how well a person copes with the challenges of life and daily living.

Mental Health America writes that strengthening our mental health is even more important today, considering the fast paced, high stress culture of daily life. People live with daily threats to good mental health. Many people work extended hours or multiple jobs, and are chronically overworked. The line between work and home life is often blurred, and home is rarely a place of rest. People sleep less and eat poorly. Technology and the information age have also brought increased expectations and challenges. Communities are less engaged. Families are more disconnected. Parents and kids are in a constant race from one activity to another, without any downtime.

Many people face additional challenges that put their mental health at risk such as major health problems, or an addiction to alcohol or drugs. Some deal with the stress of care giving or the loss of a loved one. Divorce, job loss, single parenting, and abuse

## Plain Sense

can add to the list. And then there are major mental illnesses such as depression or schizophrenia.

Most people take their mental health or mental well-being for granted. It is such a basic, yet unseen, part of who we are, that it doesn't seem to merit a lot of thought compared to everything else. But mental health is a major factor in all aspects of life, and influences relationships, work performance, school, and physical health. When one's mental health is good, a person can deal well with daily challenges and problems. When it is not so good, it can be difficult to function in even the simplest aspects of life. Help is available from many resources including a family physician, pastor or priest, school counselor, and mental health professionals.

*Contributed by Karen Scholar, MS, CPC, Manager, Consultation and Education Department. The views expressed here are those of the individual writer and should not be considered a replacement for seeking professional help. Mail questions to: High Plains Mental Health Center, PLAIN SENSE, Consultation and Education Department, 208 East 7th, Hays, Kan., 67601. Questions will be formatted and answered in a manner that insures confidentiality. Visit on the Internet at www.highplainsmentalhealth.com.*

# Mock meats gaining in popularity across country

MONTCLAIR, N.J. (AP) — A warm spring evening in American suburbia, not long before dusk. Green lawns, well-kept houses, SUVs parked in driveways. From a backyard gas grill comes the enticing, smoky aroma of food cooking. Atop the fire: a mixed grill — all manner of carnivorous delights.

Look closer, though. Those burgers, ribs, hot dogs and shish kebabs are in reality "burgers," "ribs" and "shish kebabs." Or, more accurately, "veggie burgers," "riblets," "Smart Dogs" and "meatless skewers" — painstaking imitations of the real thing, made of 100 percent non-animal materials like seitan, tempeh and other downright meatlike vegetable proteins.

These days, mock meat sits smack in the middle of America's most traditional pastiches — Fourth of July burgers and dogs, Thanksgiving turkey, cold cuts in the lunchbox. Is this the culinary heresy of a nation committed to faking itself out? Or is it simply a healthier populace turning to savvy eating habits?

For better or worse — and you'll get passionate arguments from both sides — meat has been a centerpiece of both American meals and Americanness itself. General Motors knew this decades ago when it commissioned its jingle about American talismans: "Baseball, hot dogs, apple pie and Chevrolet."

In the generation since then, two things have happened. Interest in vegetarianism, for health and moral purposes, spiked sharply.

And we developed a national ability and willingness to simulate pretty much everything, from other countries (Epcot Center) to other time periods (Star Trek: The Experience in Las Vegas) to consumer products like fireplaces and antique telephones (the SkyMall catalog).

In a culture of simulation, then, in an age of reduced fat, reduced cholesterol and — optimistically — reduced chances of a massive coronary, it's understandable to avoid killing animals when meats can be conjured from scratch with nary a

slaughterhouse in sight.

As one button sold on a vegetarian Web site proclaims, "Fake meat saves lives."

We are not here to debate vegetarianism, though. Instead, let's ask a less obvious question: If you're leaving meat behind, why hold onto the trappings at all — the taste, the texture, the very idea of carnivorousness?

Cultural politics hold some clues. The trappings of meat in America have long represented two powerful threads of the national narrative — the rugged individualism of the survive-or-else frontier and free-market success.

"In the same way we value guns and the frontier ethic, meat — ironically, at this point, because it's all factory produced — still carries the mythology of hunting and self-sustenance and self-survival," says Jeff Ferrell, 52, a vegetarian and a sociologist at Texas Christian University in Fort Worth, the heart of cattle country.

What's more, he says, "To have meat regularly is to tap into that American mythology that you've made it."

Meat stand-ins also allow non-carnivores to enjoy dishes they might otherwise avoid.

Katie Mancine, 22, a college student from Keyport, N.J., is a fan of seitan, a wheat protein that can stand in for the corned beef of a Reuben sandwich or the innards of a chicken nugget (which, let's admit, may or may not be chicken to begin with).

"You bread it, you deep-fry it. You can't tell the difference," says Mancine, who stopped eating meat in seventh grade.

You might think the nation's pre-eminent animal-rights group, People for the Ethical Treatment of Animals, would oppose meat substitutes on philosophical grounds. You'd be wrong. PETA even gives out awards for "Best New Faux Meat Product," and its 2004 company of the year was Boca Foods, a purveyor of meat substitutes that, not incidentally, is owned by Kraft Foods, the parent of hot-dog icon Oscar Mayer.

## Card Shower

Rex Buford is recovering from surgery. Get well wishes can be sent to him at 905 E. Eighth St., Colby, Kan., 67701.

# Rexford readies for graduation



## Vicki Allison

• Rexford Correspondent

The Rexford Community Church held baccalaureate services for the Golden Plains senior graduating class and the eighth grade graduating class Sunday evening. Steve Allen gave the message with its theme taken from the song, "Find Your Wings," by Mark Harris. The songs, "It All Begins With a Dream," and "Like An Eagle," were sung by Janell Antholz, also the pianist, and junior students, Andrew Broeckelman, Jordan Rogers, and Brittany Ritter. Gideons, Bill Adams, Colby, and Chuck Williams, presented Bibles to the students. Pastor Lane Purcell concluded the service with prayer.

The event was inspirational and well attended. A time of greetings and refreshments followed.

Dennis Allison went to Greensburg, with other personnel from the sheriff's department, to assist in the recovery from the tornado destruction in Greensburg. Our thoughts and prayers are with the individuals of the community as they work at rebuilding their homes and community.

Taylor Todd, daughter of Jay and Brandy Todd, and Jami Wark, daughter of Vicki and Dennis Allison and the late Dennis Wark, were participants in the dance recital theme, "Here We Go Again" presented by instructor, Kolleen Barrett, of the Dance Place, of Colby. Jami's routines included performances in tap, jazz, lyrical and Pointe ballet and a lyrical ballet solo to "Hurt," by Christina Aguilera.

The Golden Plains National Honor Society will be sponsoring a spaghetti dinner fundraiser for cystic fibrosis, Thursday, May 10, at 5:30 p.m. On display during the evening will be industrial arts projects and artwork by high school students. A talent show will begin at 7 p.m.

A happy birthday to the following individuals who had celebrated or will be celebrating a birthday: Jay Gilbert, May 1; Lile Lunsaway, May 6; and Jay Todd, May 7.

The Golden Plains senior class took their senior trip, April 23-30, and toured the beautiful state of Texas. The trip included two days in Galveston, touring Moody Gardens and hours of swimming at the beach; two days in San Antonio going to Six Flags, Sea World, and The River Walk; two days in Dallas, touring the Cowboy's Stadium and a dinner and show at Medieval Times. On the way home a stop was made in Oklahoma City to tour the National Memorial. Sponsors for the trip were Travis and Orba Smith and myself.

The school year is quickly coming to an end and it is time to be thinking about Vacation Bible School. If you are interested in helping with VBS, contact Pastor Lane Purcell this week.

At the Red Barn: Those attending Barnswallows to play pinochle were Jean Hawkins, Rex and Betty Carswell, Grace Cheney, Lawrence Horinek, Darlene Robben, Dick Sanford, Mary Anne and Lawrence Juenemann.

Koffee Klatch is each Friday at 9 a.m. and those attending last week were Margaret Arasmith, Sondra Barnett, Eunice Sanford, Berneda Zoberst, Evelyn Proffitt, Jean Hawkins and Vesta Roth.

Until next time, make your week a memorable one.

## Babies

### Antoinette Rose Brungardt

Jessica D. Horinek of Atwood and Kevin Brungardt of Colby announce the birth of their daughter, Antoinette Rose Brungardt, Tuesday, May 1, 2007, at Citizens Medical Center in Colby. Antoinette weighed 6 pounds, 14.8 ounces and was 19 inches long.

Grandparents are Lester and Marilyn Horinek of Atwood and Virgil and Ruby Brungardt of Colby.



# TV LISTINGS

sponsored by the COLBY FREE PRESS

## WEEKDAYS

MAY 8 - MAY 14

	6 AM	6:30	7 AM	7:30	8 AM	8:30	9 AM	9:30	10 AM	10:30	11 AM	11:30
KLBY/ABC (4) (6)	Good Morning Kansas		Good Morning America				Martha		The View		Millionaire	News
KSNK/NBC (8) (8)	News Cont'd		Today						Live With Regis and Kelly		Paid Program	Paid Program
KBSL/CBS (12) (11)	News Cont'd		News		The Early Show		The 700 Club		The Price Is Right		The Young and the Restless	
K15CG (2)	Business	Body Electric	Curious George	Clifford-Red	Dragon Tales	Big Big World	Beren Bears	Lions	Sesame Street		Teletubbies	Barney-Friends
ESPN (28)	SportsCenter		SportsCenter		Sports-Center	Varied	SportsCenter		SportsCenter		Varied Programs	
USA (37)	JAG		JAG		Walker, Texas Ranger		Walker, Texas Ranger		Walker, Texas Ranger		Varied Programs	
TBS (38)	Saved by Bell	Saved by Bell	Saved by Bell	Saved by Bell	Dawson's Creek		Movie				News-Radio	Cosby Show
WGN (39)	Changing	Believer Voice	Hillbilities	Hillbilities	Matlock		Magnum, P.I.		Homicide: Life on the Street		Da Vinci's Inquest	
TNT (40)	Angel		Charmed		Charmed		ER		ER		Judging Amy	
DSC (42)	Paid Program	Paid Program	Joyce Meyer	Paid Program	How It's Made	How It's Made	Deadliest Catch		MythBusters		How It's Made	How It's Made
A&E (47)	The District		24		Crossing Jordan		City Confidential		American Justice		Cold Case Files	
HIST (48)	Varied Programs											
NICK (55)	Danny Phantom	OddPar-ents	SpongeBob	SpongeBob	Go Diego	Dora the Explorer	Blue's Clues	Backyardigans	Wonder Pets	Dora the Explorer	Go Diego	Blue's Clues
DISN (56)	The Wiggles	Higglytown	Einstein	Mickey Mouse	Handy Manny	Doodlebops	Charlie & Lola	The Koala	The Wiggles	Higglytown	Lilo & Stitch	Little Mermaid
FAM (58)	Family Matters	Family Matters	Boy Mts. World	Boy Mts. World	Home Videos	Living the Life	The 700 Club		Gilmore Girls		Full House	Full House
HALL (60)	New Morning		The Waltons		The Waltons		Little House on the Prairie		Little House on the Prairie		Touched by an Angel	

## WEEKDAYS

MAY 8 - MAY 14

	12 PM	12:30	1 PM	1:30	2 PM	2:30	3 PM	3:30	4 PM	4:30	5 PM	5:30
KLBY/ABC (4) (6)	All My Children		One Life to Live		General Hospital		Millionaire	Judge Judy	News	Judge Judy	News	ABC Wld News
KSNK/NBC (8) (8)	News	Extra	Days of our Lives		Passions		The Ellen DeGeneres Show		Jeopardy!	Jeopardy!	News	NBC News
KBSL/CBS (12) (11)	News	Bold, Beautiful	As the World Turns		Guiding Light		Dr. Phil		Oprah Winfrey		News	Evening News
K15CG (2)	Reading Rainbow	Caillou	Varied Programs			Curious George	Cyber-chase	Arthur	Maya & Miguel	Post-cards	Cliff Pup	Business
ESPN (28)	Varied Programs			Mike and Mike	1st and 10	Outside-Lines	NFL Live	Rome-Burning	Around the Horn	Interruption	SportsCenter	
USA (37)	Movie		Varied Programs				Movie				Law & Order: Criminal Intent	
TBS (38)	Steve Harvey	Steve Harvey	Fresh Prince	Fresh Prince	Home Improve.	Home Improve.	Yes, Dear	Yes, Dear	King of Queens	King of Queens	Seinfeld	Seinfeld
WGN (39)	WGN News at Noon		The Greg Behrendt Show		America's Funniest Home Videos		Cosby Show	Cosby Show	Moesha	Home Improve.	Home Improve.	Funniest Pets
TNT (40)	Judging Amy		Law & Order		Law & Order		Charmed		Charmed		Law & Order	
DSC (42)	A Haunting		Varied Programs		Deadliest Catch		MythBusters		Cash Cab	Cash Cab	How It's Made	How It's Made
A&E (47)	Cold Case Files		24		Crossing Jordan		City Confidential		American Justice		Cold Case Files	
HIST (48)	Modern Marvels		Varied Programs									
NICK (55)	Backyardigans	Varied	SpongeBob	SpongeBob	Jimmy Neutron	OddParents	Avatar-Last Air	TEENick	SpongeBob	Drake & Josh	Ned's School	OddParents
DISN (56)	Timon & Pumbaa	Buzz Light	Whiskers	Proud Family	American Drgn	Kim Possible	Varied Programs				That's-Raven	
FAM (58)	Family Matters	Family Matters	Step by Step	Step by Step	Full House	Full House	Sabrina-Witch	Sabrina-Witch	Gilmore Girls		7th Heaven	
HALL (60)	Matlock		Matlock		Little House on the Prairie		Little House on the Prairie		M*A*S'H	M*A*S'H	M*A*S'H	M*A*S'H

## TUESDAY

MAY 8

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC 4 (6)	News (N) (CC)	Entertainment	George Lopez (Season Finale) (N)		Dancing With the Stars Results Show		Boston Legal (N) (CC)		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC 3 (8)	News (N) (CC)	Wheel of Fortune	Dateline NBC (CC)		Law & Order: Criminal Intent (N)		Law & Order: SVU		News (N) (CC)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS 12 (11)	News (N) (CC)	Inside Edition	NCIS Trojan Horse (N) (CC)		The Unit Paradise Lost (Season Finale)		Without a Trace All the Sinners Saints		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)		Doctors on Call	Second-Health	Nova Chief Powhatan's capital.		Frontline When Kids Get Life (N) (CC) (DVS)		Summer Wine		Charlie Rose (N) (CC)	
ESPN (28)	SportsCenter	NFL Live (Live)	U.S. Poker Championship (CC)		Contender Challenge		Baseball Tonight (Live)		SportsCenter (Live) (CC)		Fast-break	Baseball Tonight
USA (37)	Law & Order: Criminal Intent One		Law & Order: SVU		Movie: Liar Liar ★★½ (1997) A fast-talking lawyer cannot tell a lie. Jim Carrey. (CC)		Law & Order: Criminal Intent Art		Law & Order: SVU			
TBS (38)	Raymond	Raymond	Raymond	Raymond	Sex and the City	Sex and the City	Friends (CC)	Friends (CC)	Sex and the City	Sex and the City	Movie: Proof of Life ★★ (2000) (PA) (CC)	
WGN (39)	America's Funniest Home Videos (CC)		Funniest Pets	Funniest Pets	Funniest Pets	Funniest Pets	WGN News at Nine (N) (CC)		Sex and the City	Scrubs (CC)	Scrubs (CC)	Becker (CC)
TNT (40)	NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)		NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)		NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)		NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)		NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)		Inside the NBA (Live) (CC)	
DSC (42)	Deadliest Catch Cheating Death		Deadliest Catch Bering Sea Salvation		Deadliest Catch The Last Lap (N)		Man vs. Wild Kenya. (CC)		MythBusters Concrete Glider		Deadliest Catch Bering Sea Salvation	
A&E (47)	Cold Case Files (CC)		CSI: Miami Invasion (CC)		Bounty Hunter		Driving Force		Criss Angel	Criss Angel	CSI: Miami Invasion (CC)	
HIST (48)	Modern Marvels Monster Trucks (CC)		Biography: Osama Bin Laden: In-Allah		The Spanish-American War: First Intervention		The battles and		Biography: Osama Bin Laden: In-Allah			
NICK (55)	OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Funniest Mom	Full House	Roseanne	Roseanne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show
DISN (56)	Hannah Montana	Zack & Cody	Movie: Mulan ★★ (1998) Voices of Ming-Na Wen. (CC)		That's-Raven		Life With Derek		Zack & Cody	That's-Raven	Hannah Montana	Kim Possible
FAM (58)	Smallville Relic (CC)		Movie: A League of Their Own ★★ (1992) A women's professional baseball league debuts in 1943. Tom Hanks. (CC)		The 700 Club (CC)		The 700 Club (CC)		Falcon Beach Turn Card (CC)			
HALL (60)	Walker, Texas Ranger Payback		Walker, Texas Ranger Tiger's Eye		Movie: Ordinary Miracles ★★½ (2005) A judge accepts custody of a troubled teen.		Movie: The Seventh Stream ★★½ (2001, Drama) Scott Glenn, Salfron Burrows. (CC)					

## WEDNESDAY

MAY 9

	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
KLBY/ABC (4) (6)	News (N) (CC)	Entertainment	According-Jim	Underbelly	Lost The Brig (CC)		Lost The Man Behind the Curtain		News (N) (CC)	Nightline (N) (CC)	Jimmy Kimmel Live (N) (CC)	
KSNK/NBC (3) (8)	News (N)	Wheel of Fortune	Thank God You're Here (N) (CC)		Crossing Jordan D.O.A. (N) (CC)		Medium Heads Will Roll (N) (CC)		News (N)	The Tonight Show With Jay Leno (CC)	Late Night	
KBSL/CBS (12) (11)	News (N) (CC)	Inside Edition	Jericho Why We Fight (N)		Criminal Minds Legacy (N) (CC)		CSI: NY ... Comes Around (N) (CC)		News (N) (CC)	Late Show With David Letterman	Late Late	
K15CG (2)	The NewsHour With Jim Lehrer (N)		Secrets of the Dead Headless Romans		Secret Files of the Inquisition (N) (CC)		Secret Files of the Inquisition (N) (CC)		BBC World	As Time Goes By	Charlie Rose (N) (CC)	
ESPN (28)	MLB Baseball: Texas Stadium. (Live) (CC)		Rangers at New York		Yankees. Yankee		Baseball Tonight (Live) (CC)		SportsCenter (Live) (CC)		Fast-break	Baseball Tonight
USA (37)	Law & Order: Criminal Intent		Law & Order: SVU		Law & Order: SVU		Law & Order: SVU		Law & Order: Criminal Intent		Law & Order: SVU	
TBS (38)	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	King of Queens	King of Queens	Movie: Sweet November *½ (2001, Romance) Keanu Reeves. (CC)			
WGN (39)	America's Funniest Home Videos (CC)		Home Improve.	Home Improve.	Becker (CC)	Becker (CC)	WGN News at Nine		Sex and the City	Scrubs My Cake	Scrubs (CC)	Becker (CC)
TNT (40)	Without a Trace Maple Street (CC)		NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)				NBA Basketball: Conference Semifinal -- Teams TBA. (Live) (CC)					
DISC (42)	How It's Made		Hazard Pay Rodeo Clown Rodeo clown.		MythBusters (CC)		MythBusters Boom Lift Catapult (CC)		Dirty Jobs Penguin Keeper Penguins.		Hazard Pay Rodeo Clown Rodeo clown.	
A&E (47)	Cold Case Files Manhunt (CC)		CSI: Miami Money for Nothing (CC)		The Sopranos Second Opinion		The Sopranos He Is Risen (CC)		Risen		Driving Force	
HIST (48)	Oil (CC)		Modern Marvels Metals. (CC)		Modern Marvels Magnets (CC)		Modern Marvels Welding (N) (CC)		Mail Call (CC)		Modern Marvels Metals. (CC)	
NICK (55)	OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Home Videos	Full House	Roseanne	Roseanne	Fresh Prince	Fresh Prince	Cosby Show	Cosby Show
DISN (56)	Hannah Montana	Zack & Cody	Movie: Homebound Bound II: Lost in San Francisco ***½ (1996) Robert Hays. (CC)				Life With Derek	Phil of Future	Zack & Cody	That's Raven	Hannah Montana	Kim Possible
FAM (58)	Smallville Magnetic (CC)		Movie: Sister Act *** (1992, Musical Comedy) Whoopi Goldberg. (CC)				Whose Line?	Whose Line?	The 700 Club (CC)		Home Videos	Home Videos
HALL (60)	Walker, Texas Ranger (CC)		Walker, Texas Ranger Movie Train		Movie: Audrey's Rain Smart, Carol Kane. (CC)				Movie: A Place for Annie (1994) Nurse adopts abandoned HIV-positive newborn.			